

Reebok® Adjustable Toning Tube Set

Owner's Guide

BEFORE YOU BEGIN

Thank you for purchasing the new Reebok® Adjustable Toning Tube Set. The Adjustable Toning Tube Set can be used with the Reebok® Deck or the Reebok® Core Board for effective and enjoyable muscle-toning workouts. **For your safety and benefit, please read this guide before using the Adjustable Toning Tube Set.** If you have questions after reading this guide, call Customer Care toll-free at 1-800-288-4802, Monday to Friday, 6 a.m. to 6 p.m. Mountain Time (closed on holidays).

IMPORTANT PRECAUTIONS

⚠️WARNING: To reduce the risk of serious injury, read the following important precautions before using the Adjustable Toning Tube Set. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that users of the Adjustable Toning Tube Set are adequately informed of all precautions.
2. Keep the Adjustable Toning Tube Set indoors, away from heated surfaces, sharp objects, direct sunlight, and moisture.
3. Inspect the Adjustable Toning Tube Set for abrasions, cracks, and cuts before each use. Do not use the Adjustable Toning Tube Set or attempt to repair it if it is worn or damaged.
4. Keep children under age 12 and pets away from the Adjustable Toning Tube Set.
5. The Adjustable Toning Tube Set contains natural rubber latex. Users who are allergic to latex products may develop reactions such as skin rashes; hives; nasal congestion; swelling, especially around the nose, mouth, and throat; eye irritation or conjunctivitis; or respiratory problems, including asthma and rhinoconjunctivitis. Users who experience allergic reactions should avoid further contact and consult their physicians.
6. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.

ATTACHING A TONING TUBE

The Adjustable Toning Tube Set comes with three toning tubes of different resistance levels to accommodate a variety of resistance exercises.

Before attaching a toning tube to the handles, please note that there is a collar on each end of the toning tube. Each collar has a flat side and a notched side.



To attach a toning tube to a handle:

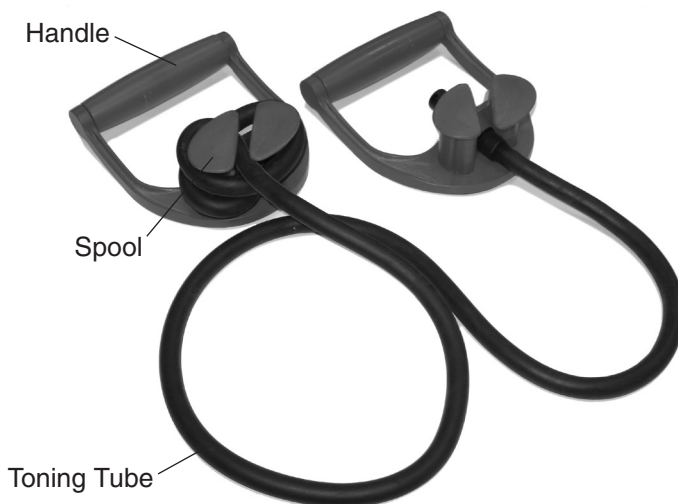
1. Push the toning tube into the slot in the spool.
2. Push the collar onto the spool. Make sure that the notch in the collar is facing outward.
3. Repeat these steps to attach the toning tube to the other handle.

ADJUSTING THE TONING TUBE LENGTH

You can also adjust the lengths of the three toning tubes as required for different exercises.

To adjust the length of a toning tube:

1. Wrap the toning tube around one of the spools.
2. Push the toning tube into the slot in the spool to secure the toning tube in place.
3. Repeat these steps with the other spool, if necessary, to reach the desired length.



LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you. The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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